

HEALTHY HABITS

CHURCH OF ST. DOMINIC

SEPTEMBER 9, 2016

I am easing back into the Healthy Habits email. This year will not be quite weekly, but often...perhaps, not as often as the rain we have had this week!

St. Dominic yoga is on for this fall. The six week session starts this coming Thursday, 9/15, 7-8:00pm, costs \$36 and only a couple of openings are left. Registration is required....due to space limitations. Call or email me, if you are interested.

Moderation at the food booths this weekend :)

Stay Active.

Blessings,
Nancy



What's this all about?

Vote for Kindness is about choosing to do selfless things and being kind to others.
Now is the time to vote!

for **VOTE** **kindness**

5 ACT FRIDAYS

This month, challenge yourself to do five acts of kindness every Friday (or any day that works for you).

Small acts are worth more than you think.

KINDNESS **NO**

CAST YOUR VOTE!

rcmhc.org

Rice County MENTAL HEALTH COLLECTIVE
Care. Prevention. Promotion.

<https://www.facebook.com/RiceCoVoteforKindness/>

BECAUSE I'M HAPPY!



HAPPY HOUR WORKSHOP

Want to increase your happiness and overall positive feelings? Would you like to learn to be optimistic? Looking to add some mental fitness to your life?

Happy Hour is a 10-session workshop, designed to introduce you to the concepts of positive psychology, positive emotions and building on the good things in life.

Topics you'll learn about:

- positive emotions
- optimism
- positive relationships
- gratitude
- meaning
- character strengths
- engagement



Tuesdays, 4-5p
Sept 20 – Nov 22

Y Community Room

Free for everyone!

Child Watch is available during the workshop

Register online at northfieldymca.org

Presented as a collaboration between the Rice County Mental Health Collective and the Y.

NORTHFIELD AREA FAMILY YMCA
1501 HONEYLOCUST DRIVE • northfieldymca.org

Happy Hour Workshop

The above flyer is for an upcoming Happy Hour. It is a 10 week, one hour (thus the name) Positive Psychology primer. The tools learned about in the sessions are great to use for your own person resiliency building, for teachers in classrooms, for those facilitating support groups and within our work and family life. It will be held at the YMCA, is open to all, free and child care is available.

Vote for Kindness

All over Rice County you will be seeing Vote for Kindness this October....but no reason to not start now! Performing acts of kindness increases our physical and mental well being, fosters social relationships and inspires kindness in others! Wow. The dose is 5 acts of kindness in one day, once a week. Consider making it Five Act Fridays! but any day will work.

Sign up for the Healthy Habits newsletter by contacting parish nurse, Nancy Ludescher, at 507-645-8816.